

# THE AVON TOWN CRIER



## COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322

HOURS: 8:30-4:30 MONDAY-WEDNESDAY

8:30-7:30PM THURSDAY, 8:30-1PM FRIDAY

PHONE: 508-559-0060 FAX: 508-584-9650

WEBPAGE: [www.avon-ma.gov/council-aging](http://www.avon-ma.gov/council-aging)

EMAIL: [coa@avon-ma.gov](mailto:coa@avon-ma.gov)

**Volume 58, Issue 1**

**January 2023**

## A Message from the Director

Merry Christmas and Happy Holidays to All!!!

I can't believe that we are looking at the end of another year!! December has again been a fun filled month at the COA. Bingo has been a big hit with lots of winners every Tuesday afternoon. Our class on balance has many seniors improving with their daily activities. The class will continue for another 6 weeks, if interested call the COA 508-559-0060.

We are starting a new program at the Council on Aging called Sand for Seniors with cooperation from the Norfolk County Sheriff Dept and Avon DPW. It is for seniors in Avon who live alone and could use sand for their porch or steps to prevent falls with the cold and snowy weather. Please contact the COA if you would like a bucket of sand.

We had an ugly sweater day that was lots of fun, and a prize was given for the ugliest sweater! I want to thank the library for providing us with the movie cycle for memory which was sponsored in part by the Avon Cultural Council grant program. The movie was about two Grandsons trying to recreate their grandfathers bicycle trip which was 100 miles from Brooklyn to Philadelphia while their grandfather struggles with Alzheimer's Disease.

The seniors had a great trip to the Enchanted Village and some even ventured down the slide!!

Blueberry muffins and coffee finished our trip. It was a wonderful full of laughs morning!

Our Holiday luncheon was a huge success, 50 seniors enjoyed a ham dinner with all the fixings! We have students from Avon High School play background Christmas music during dinner then entertain us with a sign along during dessert. Representative Bill Galvin and State Senator Michael Brady joined us for a great afternoon.

Please be safe during the Holidays and enjoy Family and friends!!

Jane Carthas

## IMPORTANT NUMBERS:

### Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach: 774-480-5352

Cathy Emery : 774-480-5353

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Exec. Office of Elder Affairs: 617-727-7750

Old Colony Elder Services: 508-584-1561

RUOK?: 866-900-7865

Medicare: 800-633-4227

Mass Health: 800-841-2900

Prescription Advantage: 800-243-4636

Protective Services: 800-922-2275

Social Security: 800-772-1213

Veterans Services: 508-558-0410 x:1018

## January Birthdays

Paul Chapman

Nora Doucette

Jean Kopke

Marge Martineau



Doriene Moran

Elizabeth Potter

Sylvia Russell

Granville Walbridge

**ANY AVON RESIDENT THAT WOULD LIKE THEIR BIRTHDAY IN THE NEWSLETTER PLEASE CALL THE COA**



Don't miss out on Life.....  
Improve your hearing today



Michael Schmit Lic # 224  
Board Certified  
Hearing Instrument Specialist



- ♦ FREE hearing screening
- ♦ FREE hearing aid cleaning
- ♦ FREE video ear exam

CALL THE COA @ 508-559-0060  
TO BOOK AN  
APPOINTMENT  
10:30-12:30am



## Avon Food Pantry

The Avon Food Pantry, located at the Avon Baptist Church, is available to all Avon residents. You need a license or a bill that shows you live in Avon. The Food Pantry is available by appointment only. If your budget is getting stressed by higher costs for utilities and food, call the Food Pantry at 508-857-0452 to make an appointment.





## **Bridgewater State University Senior College Spring 2023**

Bridgewater State University's Senior College offers seminars and courses for mature learners (age 50+). There are no tests or assignments. Senior College is for fun and enrichment, learning for the sake of learning. Courses meet weekly for six weeks and may be done in-person or virtually. Senior College is open to everyone. There are no educational requirements and you do not need to be a former student of BSU. The Senior College membership fee is \$85, paid each semester a member chooses to attend courses. The fee includes as many courses as you like PLUS access to all campus amenities: fitness center, Library, technology services, pool and a free parking pass. Senior College membership is FREE to people age 90 or over. BSU offers full scholarships to members who are experiencing a financial hardship and still want to participate in Senior College. Registration for Spring 2023 opens on January 18, 2023. Keep learning! Keep growing! For more information you can go to: <https://www.bridgew.edu/ccs/seniorcollege> or <https://www.facebook.com/BSUSeniorCollege>



# JANUARY 2023

**\*Activities indicated with an asterisk require advanced sign-up.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 12:00 LUNCH 1:00 BINGO	4 <b>9:15 Market Basket</b> <b>1:15 BALANCE CLASS</b>	5 10:30 Chair Yoga 12:00 LUNCH	6 9:15 Walmart or Stop & Shop 10:00 <b>COA Board Meeting</b> 10:15 Tap class
9 9:15 Market Basket <b>10:30 Line Dancing (New time!)</b> 12:30 CARDS	10 12:00 LUNCH 1:00 BINGO	11 9:00 <b>Nail Care*</b> 9:30 Roche Bros. or Target 1:00 Dementia Meeting <b>1:15 BALANCE CLASS</b>	12 10:30 Chair Yoga 12:00 LUNCH 1:00 Grief Group	13 9:15 Walmart or Stop & Shop 10:15 Tap class
16 	17 12:00 LUNCH 1:00 BINGO	18 <b>9:15 Market Basket</b> 11:30 AB Church Ecumenical lunch <b>1:15 BALANCE CLASS</b>	19 10:30 Chair Yoga 10:30-11:30 <b>Blood P.</b> 12:00 LUNCH 1:00 <b>Crafts</b>	20 9:15 Walmart or Stop & Shop 10:15 Tap class
23 9:15 Market Basket <b>10:30 Line Dancing (New time!)</b> 12:30 CARDS	24 12:00 LUNCH 1:00 BINGO	25 9:30 Roche Bros. or Target <b>12 Restaurant Day</b> <b>1:15 BALANCE CLASS</b>	26 10:00 Hearing Clinic* 10:30 Chair Yoga 12:00 LUNCH 1:00 Grief Group	27 9:15 Walmart or Stop & Shop 10:15 Tap class
30 9:15 Market Basket <b>10:30 Line Dancing (New time!)</b> 12:30 CARDS	31 12:00 LUNCH 1:00 BINGO	<b>2/1</b> <b>2 pm Painting Class*</b>		

**New Balance class will start on 1/4 call ASAP to sign up! Class is \$42 for 6 weeks.**

Six-week program designed to make our musculoskeletal system function the way it used to. Once we improve our foot stability and ankle mobility, the knees, hips, and spine work and feel better. The muscles of the core become more organized which results in better balance. Program is facilitated by Steve Avellino CFT, CES, SSF, SSN, CSCS. **Time has changed to 1:15pm.**

**Nail Care with Maureen Connolly RN 1/11**

Nail trimming is done by a certified foot care nurse at the COA and is \$30. Home visits are \$45. Call the COA to make an appointment.

**Grief Support Group 1/12, 1/26 @1PM**

Avon COA is hosting a Drop-in Grief Support Group facilitated by Dina Brooks, LICSW, ACHP-SW of Old Colony Hospice.

**Avon Baptist Church Ecumenical Lunch Wednesday 1/18@ 11:30**

The luncheons are open to any senior in Avon and surrounding communities. They start at 11:30 a.m. with an informal worship (hymns, light message, announcements of interest) and at 12 p.m. a lunch is served. A goodwill offering basket is put out to help defray the cost of the luncheons.

**The COA van is available, call to reserve a ride by 12 the day before.**

**1/25 @ 12pm Restaurant Day: China Plaza-Rockland**

COA van for Avon residents others can meet at restaurant, reserve early Call Cathy @774-480-5353.

**BINGO every Tuesday at 1pm \$4 per card (4 games played), proceeds will be used as prize money.**

**Line Dancing Class will now be at 10:30 instead of 11:15.**

**Painting class on 2/1 with Raquel at 2pm. The class will be \$10 pp.**

We will be making wooden door hanger plaques. Call Cathy to register.

**COA Snow Policy**



During the winter months, if Avon Schools are closed, there will be no COA van transportation. When schools re-open, the van will start up again as soon as the schedule allows. The COA office will close if the Town Hall closes or in a State of Emergency.



Please listen to radio station 1460 AM, local TV stations, or Cable Channel 9 for closures and cancellations. We will update the COA voicemail if there is a change for those who wish to call in to check our status. We may also send out an auto message via our call system to active seniors in any town.

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**JANUARY LUNCH MENU**  
**LUNCH IS SERVED AT 12PM DONATION IS \$5.00**  
**PLEASE PLAN TO BE SEATED BY 11:45**  
**PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE AND**  
**APPETIZERS WILL NOT BE SERVED AFTER 12PM**

**Tuesday 1/3**

Breakfast egg bake, pancakes, sausage

**Thursday 1/5**

Fish Fry w/ French fries & coleslaw

**Tuesday 1/10**

Corn Chowder w/ salad

**Thursday 1/12**

Swedish Meatballs over egg noodles & veggie

**Tuesday 1/17**

Chicken Ziti & broccoli w/ salad

**Thursday 1/19**

Beef Stew w/ hot rolls

**Tuesday 1/24**

Chicken Quesadilla

**Thursday 1/26**

Pizza, salad, cake & ice cream (Pizza sponsored by CAREONE- Randolph)

**Tuesday 1/31**

Salisbury Steaks with potato & veggie



## **INFORMATION FROM THE OUTREACH DESK**

### **Heating and Utility Assistance**

You have until April 30 to apply for heating assistance from the LIHEAP program, but keep in mind that applications may take more than six weeks to process this winter. Eligibility is based on the number of people in a household and combined income. Gross household income (before deductions) must be no greater than \$42,411/year for one person and \$55,461/year for a 2-person household. Larger households can find income eligibility here: <https://selfhelpinc.org/program-services/fuel-energy/home-energy-assistance/income-eligibility/>. If you are working, the program looks at the last 4 weeks of income to determine eligibility. You may rent or own and have any kind of heat. The program covers heat used or fuel delivered from November 1 through April 30 and is retroactive. Senior Work Off income is not counted as income for this program. Eligible applicants will automatically receive a discounted electric rate and may be eligible for free weatherization, heating upgrade or repair, and free energy-efficient appliances. Contact Louise at 774-480-5352 or [lhardiman@avon-ma.gov](mailto:lhardiman@avon-ma.gov) for more information.

### **Circuit Breaker (CB) Tax Credit**

Adults who are age 65 or older as of 12/31/22 and whose primary residence is in Massachusetts may be eligible to claim this credit on their state income taxes. Even if you do not normally file a state income tax return, you may obtain a refund by filing a return with Schedule CB, Circuit Breaker Credit. The maximum credit for 2022 is \$1,200. To be eligible, total MA income cannot exceed \$64,000 for a single person and \$96,000 for a married couple. Homeowners may claim a credit equal to the amount by which their property tax payments and 50% of water (and sewer) charges paid exceed 10% of their total income for the same tax year. Renters may claim a credit in the amount by which 25% of their annual rent is more than 10% of their total income. Total income includes taxable income as well as exempt income such as social security, treasury bills and public pensions. If you qualify for the CB tax credit in a prior year but didn't take it, you can file a prior year Schedule CB for the years you did qualify, up to 3 years. You may wish to consult with a tax professional for guidance. The tax credit is not considered income by means-tested benefits or assistance programs. CB Schedule forms and information are at [mass.gov/dor](https://mass.gov/dor) or the Mass. DOR's Customer Service Bureau at 800-392-6089.

### **Pet Pantry Distributes Pet Food and Supplies**

Serving areas of southeastern Massachusetts, the Pet Pantry's mission is to distribute pet food and related pet items to families in need in order to keep pets and their families together in times of hardship. The Pet Pantry is a volunteer-based program that operates through the Animal Protection Center of Southeastern Massachusetts (APCSM) located at 1300 West Elm Extension in Brockton. The Pet Pantry distributes pet food and supplies from 12-3PM on the 2<sup>nd</sup> weekend of every month. If you are unable to attend the distribution, please call the shelter at 508-586-2053. Email any questions to [petpantryinc@gmail.com](mailto:petpantryinc@gmail.com). Donations of unopened and unexpired canned dog food, dry and canned cat food, pet treats, cat litter and puppy pads are welcome. The Pet Pantry also has an Amazon Wishlist link on their website <https://www.helpfeedpets.org>.

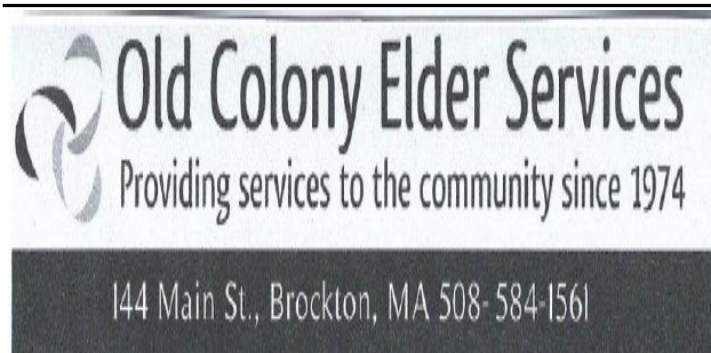
## **SEE SNOW POLICY ON PAGE 5**

**COA VAN SCHEDULE    HOURS: 8:45 A.M. – 2:30 P.M.**  
**NO MEDICAL APPOINTMENTS AFTER 12PM - BOOK MEDICAL APTS. ASAP**  
**VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm**  
**NO CHARGE FOR VAN 1/1-3/31/2023**

<b>WESTGATE MALL &amp; MARKET BASKET, Brockton</b>	Monday	9:15 pick-up
<b>Lunch at Avon COA</b>	Tuesday	10:30 – 11:00 pick-up
<b>ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON</b>	Wednesday	9:30 pick-up
<b>Lunch at Avon COA</b>	Thursday	10:30 – 11:00 pick-up
<b>WALMART, DOLLAR TREE, STOP &amp; SHOP BROCKTON</b>	Friday (van stops @ 1pm)	9:15 pick-up

**Avon COA Van** is available to assist Avon seniors and disabled people with transportation to local medical appointments, social, shopping, haircuts, banking, post office, voting and/or Town Hall appointments throughout the week.

**BAT New Freedom Vans** and other forms of transportation are always available as well, especially for times when the van is committed to the standing schedule. Call the COA for more information and assistance.



*Printing, distribution and/or production of the Avon COA newsletter and COA news flyers supported in part by the Executive Office of Elder Affairs. Director - Jane Carthas, Co-Chair - Karen Johnson, Co-Chair Nancy Puckett, Secretary - Linda Chute, Treasurer - Jean Kopke  
Members - Joanne Grenham,, Ed Selman, Deborah Greene*